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A tidy effort

A tidy effort

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Talking of success

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Planning the future

# thenewhammag

issue 315 // 8 - 21 May 2015 // Every fortnight



## Bravery remembered

Young pay tribute to Victoria Cross recipient (p1)

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# the newham mag



In this issue of the Newham Mag, you can see how residents of Manor Park have joined forces to make a big difference to their local environment (p6).

If you're considering a change in career, you can read how more residents are finding fulfilling roles in health and social care (p12). New reforms are helping people with special educational needs unlock their potential (p14) and you can read about what's happening this May half-term (p18).

So much of Newham's strength is in its diversity. More than 100 languages are spoken in our borough, and there are many services available to help people improve their English skills (p12).

Finally, Newham is observing the centenary of the First World War, and laid a commemorative stone to honour one of its Victoria Cross recipients (p16).

## Councillor Ken Clark

Cabinet Member for Building Communities and Public Affairs, Regeneration and Planning

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Look out for the next issue from 22 May  
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## IN BRIEF //

### Partners offer better care

A fund is being set up between Newham Council and Newham Clinical Commissioning Group (CCG) to ensure greater co-ordination between health and social care services.

The Better Care Fund will see £119m per year over the next three years be allocated to guarantee residents receive the best possible care and help those with long term conditions.

The fund will enable people to be cared for as close to their home as possible and help people to be discharged from hospital back to their homes as easily as possible. It will also help prevent unnecessary visits to hospital by improving primary and community care provision.

### New cycle path approved

Newham Council's Cabinet has given the go-ahead to Quayside, a new cycling scheme that will see new routes created along low traffic back streets, parks and green spaces.

One of the first routes to be implemented will operate from Adelphi to Hanwell, running through Queen Elizabeth Olympic Park and the northern part of Newham.

Around £1.2m of funding from Transport for London has been put aside for the route, designed so that cyclists do not have to tackle physical barriers such as difficult junctions, narrow paths and unnecessary diversions.

### Annual General Meeting

Residents are invited to attend the 2015/16 Annual General Meeting of Newham Council, which this year marks the borough's 50th anniversary. The meeting will be held on Thursday 14 May at 7pm at the Old Town Hall, Broadway, Stratford E15.

Guests are invited to arrive from 6.30pm and are asked to take their seats by 6.50pm in order for the meeting to start promptly. For information email [Angeline.Leathers@newham.gov.uk](mailto:Angeline.Leathers@newham.gov.uk)

## >> Fitness centre gathering pace

Mayor Sir Robin Wales and Newham councillors have checked on progress being made on a new fitness centre to be opened in Manor Park on the site of the former Greenhill Community Centre.

The new facility will offer value for money to residents looking to improve their health and fitness.

The Manor Park Fitness Centre on High Street North is set to open on 1 June and will feature state-of-the-art fitness equipment and facilities. ActiveNewham, the council's activity provider, will manage the centre and are offering membership at a special price of £14.45 per month if you apply before 31 May.

The centre will be open from 6.30am to 10.30pm Monday to Saturday and 8am to 8pm on Sunday and Bank Holidays. For more information and for membership details call 0300 124 0123.



## Boost to Silvertown regeneration

Proposals to regenerate Silvertown Quays and create a £30m boost to the local economy have been approved by councillors.

The plans, agreed in principle by Newham's Strategic Development Committee, will see The Silvertown Partnership undertake a ten-year £3 billion project to rejuvenate the 62 acre site in the Royal Docks. It will include 3,000 new homes, up to 179,000 square metres of office space and 222,000 square metres of retail brand units alongside restaurants and a school.

The development, which features the iconic Millennium Mills building, will also create up to 35,700 jobs and the council has secured an agreement with developers to invest £10m into Workplace, the council's employment service, to ensure Newham residents have the training and support needed to take advantage of the opportunities. Once complete it is hoped the area will attract around 13 million visitors per year from across the country and abroad.





# News

## Court sentence criticised

Newham Council has criticised the sentence a court imposed on a licensed waste carrier who dumped dangerous asbestos in a busy street.

Andrew Tooley, 48, of Dagenham, was given a 16-month custodial sentence suspended for 18 months by Thames Magistrates Court. Newham Council's enforcement partnership team caught him fly-tipping in a back garden in Grangewood Street, East Ham, in February.

The dumped material contained corrugated sheets including blue asbestos, a dangerous variety of the building material which has been linked with lung cancer.

Councillor Ian Corlett, mayoral advisor for environment and leisure, said: "Tooley put the lives of residents at risk. This weak sentence acts as little deterrent to the likes of Tooley who dump on our streets."

Tooley initially denied the offence but pleaded guilty last month. He was also ordered to complete 200 hours of community jail.



## Danger skin products seized

Dangerous banned chemicals were found in beauty products that were seized from shops during a crackdown on skin products.

Newham Council enforcement officers removed the product Fair & White Gel Cream from a store in Barkings Road, Upton Park, and tests found it to contain 8.2 per cent hydroquinone – a toxin that could lead to skin cancer and liver damage. The use of hydroquinone is banned in the UK.

Hydroquinone was also discovered in Easy White from another shop in Green Street, Upton Park, and in Maxi Peel, taken from a supermarket in Plaistow Road, Plaistow.

The council is considering taking legal action against the owners of the stores and has also requested information about product suppliers so that action can be taken to stop the distribution of these products across the country. Stores and suppliers can face a fine and imprisonment for selling them.



## ► Dog owner given ASBO

A dog owner who allowed his pets to intimidate his neighbours and bite a Newham Council cleaner is now subject to an anti-social behaviour order (ASBO).

Newham Council successfully asked Waltham Forest magistrates for an interim ASBO against Gold Muawish of Balkoom Street, Plaistow. The order prevents him from keeping dogs at his home or having them in any other council property.

Action was taken against Muawish after complaints were made regarding two cross-breed dogs, which were allowed to roam the communal areas of the block he lived in, intimidating other residents. The dogs also fouled in the garden area and one of the dogs bit the caretaker.

If Muawish does not obey this order he could face a custodial sentence of up to two years. This order lasts until 17 March 2017.

# Bravery worthy of salute

I had the tremendous honour of marking the 100th anniversary of the bravery of Midshipman George Ormby who was awarded the Victoria Cross (VC) for his actions in the First World War.

Together with Vice-Tirions of Newham JT Cornwell VC Sea Cadets, I unveiled a commemorative stone to salute George's devotion to duty under fire. It is the first of five we are placing at the Cenotaph in East Ham's Control Park to remember local heroes whose gallantry during the Great War merited the award of the VC.

**"His actions are an example of selflessness and bravery to which we can all aspire."**

The Victoria Cross is the highest military award that we as a nation give to members of our armed forces for self-sacrifice and bravery in the face of the enemy. George received the award because of his courage during the Gallipoli landings in Turkey on 25 April 1915. His inspirational story is even more remarkable given he was just 20.

It is right that we remember people who died saving their country. Though they did extraordinary things, they

were ordinary people just like you and I. George was born in 1894 on what is now Kitchener Road. After leaving school he worked on merchant ships, so when he joined the Royal Naval Reserve in 1914 he was already experienced at sea.

Under heavy fire he waded through barbed wire to help secure barges to act as a bridge for soldiers getting to the beach. George was struck in the head by a fragment of shell, yet he bound his wound with a scarf and continued. Such amazing bravery from someone so young. He put the safety of others above his own.

His actions are an example of

selflessness and bravery to which we can all aspire. I hope that as a society we never again have to face the destruction and loss of life like that which was experienced in the First World War.

Over the next three years we will unveil four other stones to others who received the VC during World War One. Again these ceremonies will be held around the 100th anniversary of those brave acts.

The stories will show how proud Newham is of those who have previously or are currently serving in the armed forces. We respect and value their continued bravery and their service.



## Mayor's view

# Nothing will divide us



With residents of the community clean-up in Manor Park

I wasn't surprised by the outcome of the case at the Election Court that reversed the true extent of the illegal practices of Tower Hamlets Mayor Lutfur Rahman and his cronies. Instead I have spoken out publicly on many occasions against the way he ran that borough. That's why I applaud the actions of the brave individuals who brought the case against his corrupt administration.

In Newham we work hard to ensure what happened there couldn't happen here. Newham is the most diverse place of its size in the world and when I speak to residents about what they want, it doesn't matter where they are from, they all want the same things – a decent home, a good education for their children and access to job opportunities.

Here, we don't tolerate division. We promote Newham as one

community with a strong relationship between politicians and the people we represent through hubs based in neighbourhoods. The recent Spring clean-up held in Manor Park was a fine example of that.

**"Everyone is treated equally and fairly, no matter what their background"**

While we encourage residents to celebrate where they're from, we also work on building common ground. It is not acceptable to create independent and separate communities. Speaking English is key to preventing this from happening. That's why we offer support to learn English to everyone who wants it.

Our programme of free events also brings people together and we will

support residents who want to hold their own gathering, provided it is open to the whole community.

Everyone is treated equally and fairly, no matter what their background. We never prioritise one group – be it religious, national or ethnic – over another. Our employment service Workplace makes sure those who have lived here for some time do not lose out. The way we allocate social housing means people wait their turn, while prioritising those working on low incomes, those with care responsibilities or in the armed services.

In Newham we continue to face some of the harshest cuts to our funding in the country but I am immensely proud of our cohesive and thriving community. We must not be complacent though, and I will continue to work hard to ensure what we do fosters inclusiveness and social mixing and not separation.

# with Sir Robin Wales

# MANOR PARK'S BIG CLEAN-UP

On a bright Saturday morning in April, more than 400 residents came together to take part in a Spring Big Clean-up, giving their Manor Park community a thorough tidy. They were joined by Mayor Sir Robin Wales, Councillor Ken Clark, Cabinet Member for Building Communities, Public Affairs, Planning and Regeneration, Newham councillors and prospective parliamentary candidate for East Ham Stephen Timms.

Cllr Clark said: "This was a great opportunity for local community and faith groups to show how much we care about where we live. Everyone's efforts here have made a big difference on a number of streets and green spaces throughout the neighbourhood."

Taha Mirza has been a resident of Manor Park for 15 years, and volunteered for the clean-up. He said: "I spoke with our lead councillor, Saim Pold, and we planned how to put the event together. The clean-up gave me an opportunity to give something back to our community which I am always willing to do, so I can make a difference, however small it may be. This event was very important in bringing residents together."

Volunteers gathered both at Manor Park Library and the Trinity Centre, both £12. Paul

Cheliah is the manager of the Trinity Centre, a community centre, offering education, recreational, social and support programs to more than 2,000 people each week. He said: "We all want a cleaner and greener environment as this helps to create a happier and healthier atmosphere. Everyone involved in the clean-up derived a real sense of satisfaction, each playing a part in making Newham a cleaner and more attractive place to live."

The clean-up forms part of an ongoing campaign to improve local communities in Newham. For more information about how to help organise a similar event in your neighbourhood, visit [www.newham.gov.uk/communityneighbourhood](http://www.newham.gov.uk/communityneighbourhood) and register as a Active Community Team volunteer.

## Keeping Newham Tidy

Newham Council provides a number of services to help residents keep our borough as clean and tidy as possible. You can do your part by using:

### Rubbish collection

All properties in Newham get weekly rubbish collections. You can find out your collection day online at [www.my.newham.gov.uk/mynighbourhood](http://www.my.newham.gov.uk/mynighbourhood)

### Free garden waste collection

Book a collection online at [www.newham.gov.uk/greenwaste](http://www.newham.gov.uk/greenwaste)

## Free bulky waste collection

Book a collection online at [www.newham.gov.uk/bulkywaste](http://www.newham.gov.uk/bulkywaste)

## Recycling

Information on collections, and what can be recycled, is available at [www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)

## Reuse and Recycling

Jenkins Lane Reuse and Recycling Centre in Beckton accepts a range of household items for free. Visit [www.newham.gov.uk/jenkinslane](http://www.newham.gov.uk/jenkinslane)





# NewShare

Newham Council's shared equity scheme

If you would like to own your own home in Newham but can't afford a large deposit or the cost of buying on the open market, NewShare could help you.

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call 020 3373 0980

# Saluting bravery of VC hero



More than 200 people, including schoolchildren and members of the Royal British Legion, witnessed the unveiling of the first commemorative stone marking the heroic actions that earned five residents the Victoria Cross during the First World War.

The stone, honouring Midshipman George Drewry from Forest Gate, was unveiled at the Cenotaph in Central Park, East Ham, by Mayor Sir Robin Wicks and Cadet Victoria Tinkins of Newham JT Cornwall VC Sea Cadets.

Midshipman Drewry from the Royal Naval Reserve was awarded the Victoria Cross following his actions during the Gallipoli landings on April 25 1915.

**"It will serve as a lasting monument to his valour."**

The medal is the highest award for gallantry a member of the British and Commonwealth military services can achieve. It was given for his bravery during the landings on V Beach, Seddul Bahr, Gallipoli, when aged just 20.

Under heavy fire he helped secure barges to act as a bridge from the SS River Clyde, allowing soldiers to reach the shore. He did so despite being wounded in the head by a shell fragment.

The ceremony was part of Newham Council's centenary commemorations to honour those who received the award during the

conflict of 1914-1918.

The Victoria Cross citation at the ceremony was read by Midshipman Charles Perrett of HMS President. The stone was blessed by the Rev Fred Ashford-Oke, The Mayor, Cadet Tinkins and Honorary

Vice Admiral The Lord Sterling of Polostow, for a laying of wreaths. Sir Robin said: "We have unveiled the commemorative stone to salute George's devotion to duty. Under fire, it will serve as a lasting monument to his valour."

Cadet Tinkins said: "I was honoured to take part in this ceremony for such an inspirational person."

Stones will be laid over the next three years to honour four others who received the Victoria Cross. They will be unveiled around the 100th anniversary of the date of their act of bravery.

**Edgar Myles**

**Act of Bravery: 9 April 1916**

**Jack Cornwell**

**Act of Bravery: 31 May 1916**

**Harold Mugford**

**Act of Bravery: 11 April 1917**

**Bernard Cassidy**

**Act of Bravery: 26 March 1918**



# Language is no barrier to learning

Newham is one of the most diverse places in the country. More than 100 languages are spoken here and around four in ten people do not have English as their first language. Martin Marguerie is a Project Coordinator for Speaking English with Confidence (SpEC), a programme offering free English classes in 30 locations across the borough.

SpEC is designed for people who do not speak any English and focuses on speaking and listening skills. Martin manages the scheme in Newham. He said: "I've taught English all around the UK and abroad for 17 years so I know what the learners are going through. When I saw this project it seemed like something different and something I wanted to get involved with."

Newham Council's adult learning service and Newham College offer English as a second language (ESOL) courses, but SpEC caters for the needs

of very early beginners and works as a drop-in service.

Martin said: "We welcome people with no English whatsoever. There's no pressure on anyone to come every week. The service is also ideal for people who might be on a waiting list for an ESOL course."

A number of learners from the scheme have gone on to continue their learning elsewhere. Martin said: "We never turn anyone away, but once people progress to a certain level, we recommend they join a course with Newham Council or

Newham College. We do a lot of work with the council, the borough's business activity provider activeNewham, and the college, which is where we sourced around 30 or 40 volunteers."

"Newham has been the most welcoming borough that I work in and we've had a lot of success here. There are a lot of good news stories and feedback that comes out of what we offer."

The classes rely on a team of around 65 volunteers who have so far helped more than 600 Newham residents with their English skills. Those who have benefited



Mark Morgan

from the classes have come from all age ranges and all backgrounds. As more students have seen an improvement in their English, word of mouth has caused the scheme to grow rapidly.

"More classes are springing up all the time" said Martin. "We are keen to find more volunteers so we can run even more groups. We want volunteers who are enthusiastic, have good communication skills, and can see themselves working with a group of learners. You need to have solid English skills, but it doesn't need to be your first language."

Volunteers are offered a free, 30 hour training course, leading to a Level 3 City and Guilds Award. Part of Martin's role involves recruiting, training and supporting the teaching volunteers and he has seen the benefits to both students and teachers. He said: "A lot of our volunteers have gone on to find jobs or gone into further education. Some have done teaching assistant courses.

"Our learners also end up bringing friends and family along. We make sure that on their first lesson, we talk to them and find out what their goals are, whether

that's joining a library, finding a doctor, attending a parents evening for their kids or taking a trip on the Docklands Light Railway. Whatever their goals are, we try to help them achieve them."

For a full list of all the SPEC classes available and for more information, visit [www.spec-london.org.uk](http://www.spec-london.org.uk) or call 020 7332 1211

# Unlocking potential is a good plan

In September last year nationwide reforms were introduced to offer better and more consistent support for children and young people with Special Educational Needs and/or Disabilities (SEND) and their families. Didier Carlin and his son Jeremy, 14, who is autistic, were among the first to benefit from the new system.



As part of the reforms Newham Council introduced a Local Offer - an online guide to all the services available for children with SEND and their families. New personalised education, health and care (EHCP) plans for people under 25 are also replacing statements of special educational needs and post-16 Learning Difficulty Assessments.

Families are involved fully from the beginning in drawing up the new plans. For those families and young people that want them, personal budgets are also offering them greater choice and control over the support they want in their plan.

**All kids have so much potential and we are working together to unlock it."**

Older, from Peckham, has welcomed the changes and is an active part of the Newham Parent Forum, a group open to all parents or carers of a child with SEND. He said: "I already knew about EHCP plans, but not all parents do, and it can be quite confusing if your child has just received a diagnosis and you are then given a care plan and you don't know

what to do with it."

The Forum supports parents to empower their children and each other and feed views back to the council. Older added: "The Forum is an opportunity for parents to come together. It helps us to make achievable plans to empower our kids. When parents sit down together they can discuss what they're doing at home, what happens at school, and what is working and not working for their child. This sort of communication benefits everybody."

Older is also a member of Newham Parents Co-Production, a group made up of parents and carers of children with a disability, supported by council officers. He said: "I have found out so much about education, social care and other areas. It has shown me what the options are for Jeremy."

"Every parent wants to do the best thing for their kid. There is a lot of support on offer, but sometimes you have to be proactive. What I like in Newham is the communication between the council, the schools and the parents. We as parents have a way to contact people and see those who are responsible for delivering these reformed services. All kids have so much potential and we are working together to unlock it."

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## Support for children and young people with SEND and their families

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### Newham's Local Offer

An inclusive service guide for families with children and young people under 25 with Special Educational Needs and/or Disability. Visit: [www.newham.gov.uk/SENLocalOffer](http://www.newham.gov.uk/SENLocalOffer)

If you wish to make a comment on how our Local Offer is set out, email [LocalOffer@newham.gov.uk](mailto:LocalOffer@newham.gov.uk)

phone 0203 373 7746

Open House events are supported by Newham Parents Co-Production. If you would like to be involved at Newham Parents Co-Production meetings, email [jannah.elder@newham.gov.uk](mailto:jannah.elder@newham.gov.uk) or call 0203 373 7746

### Newham Parent Forum

Newham Parent Forum works with all parents to make a difference for children and young people with additional needs and their families. To be part of these conversations and decisions email [newhamparentforum@gmail.com](mailto:newhamparentforum@gmail.com) or call 07887 362 629 or visit [www.newhamparentforum.co.uk](http://www.newhamparentforum.co.uk)

The Forum is staging a Coffee Morning session on Wednesday 20 May from 10am-12pm at Clevans Community Centre, EB

### Open House Event

Newham's main event for parents and carers of children and young people with Special Educational Needs and/or Disability in Newham is taking place on Tuesday 12 May, 10am-1.30pm, Stratford Arts Trust, Stratford Circus Arts Centre, Theatres Square, London, E15 1BX.

To reserve a place and for advice on childcare facilities, email [jannah.elder@newham.gov.uk](mailto:jannah.elder@newham.gov.uk) or



# Newham in pictures



1 Good try! Former England and Great Britain legend Jason Robinson enjoys an impromptu Rugby League game with construction workers from Balfour Beatty at the Olympic Stadium, E20 2 England play New Zealand at the Biadum in November 3 World in Union! Players from East London Rugby Club celebrated St George's Day with their annual community fund-raising challenge between England and the Rest of the World at the Memorial Ground, E16 4 More than £650 was collected for charity 5 Kindness bar none! The Golden Fleece pub, E12, has agreed to support Crime for Casualties, the official charity of 1 Company 7 RIFLES based at the Army Reserve Centre in Porthway, E18 6 Let us forget – schoolchildren record a ceremony commemorating Victoria Cross recipient George Crossby at East Ham Cenotaph, E8 7 Going for a song! Guitarist Joel Letort performs at an event for World Autism Day at Plaistow Library, E13

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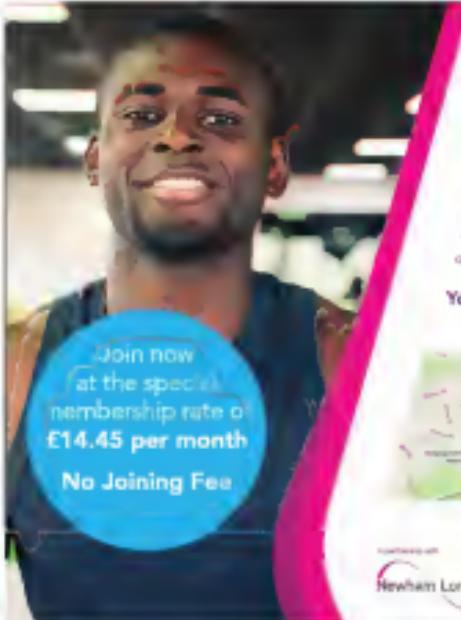
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No Joining Fee

## Manor Park Fitness Centre

The new centre is opening on the 1<sup>st</sup> June 2015 and will feature state-of-the-art fitness equipment in a welcoming environment - to support you to improve your health and wellbeing.

Join now at the special membership rate of £14.45 per month.

This great offer is available until 31st May, so make sure you don't miss out by joining today.

You can join by going to [www.activeNewham.org.uk](http://www.activeNewham.org.uk)



For more information about this great new fitness centre at the heart of the local community please call 02000 134 0123

Manor Park Fitness Centre  
680 High Street, Park  
Manor Park, London  
E12 8QH

newham.gov.uk  
Newham London

active  
newham

# Keep active this half-term

Newham's activity provider activeNewham are offering a fun programme of events for the May 25 to 29 half-term.

## FREE Highlights

### Swimming

Residents aged under 16 or over 60 can swim for free at all of Newham's leisure centres. Ask for more information from your local leisure centre.

### Get Active Outdoors

Parks are hosting active sessions including football, tennis, do Wild (outdoor play and wildlife exploration) and Us Girls (female-only sports). No need to book – just turn up and have fun. Activities will be taking place between 12noon-3pm on these days.

Royal Victoria Gardens, E16  
– Tuesday 25 May

Grosvenor Playing Fields, E8  
– Wednesday 26 May

Little Ilford Park, E12  
– Thursday 27 May

Forest Lane Park, E7  
– Friday 28 May

## More Highlights

### Kid's Stuff (5-11yrs)

Newham Leisure Centre's Kids Playscheme combines sports, activities and imaginative arts and crafts.

Tuesday 25 to Friday 29 May, 9am-3pm  
£13.75 daily or £48.00 for the four days  
Advanced booking is required – call  
0300 124 0123.

### Active Newham Swim School

#### Crash Courses (All ages)

Intensive five day swimming courses for all standards. Monday 25 to Friday 29 May  
Lessons available at Balaam, East Ham and Newham Leisure Centres.

For each five day session: £21.15 Junior  
Up to 16 years, £30 adults, £14 concessions  
For information and to book call  
0300 124 0123.

### Female Gym Sessions (11-16yrs)

Supervised gym sessions with the expert fitness instructors at Newham Leisure Centres.

Tuesday 26 & Thursday 28 May  
3.30-6.30pm £1.90 Book in advance – call  
0300 124 0123

## Football Training Camp (5-12yrs)

Thursday 25 May, 10am-3pm  
Central Park, High Street South, East Ham, E6  
(Meet at the grassed area) £10. Pre-booking is essential. Call 0300 124 0123.

## Cricket Coaching (6-16yrs)

For all abilities. West Ham Park, Upton Lane, E7  
Tuesday 26, Wednesday 27, Thursday 28  
May, 10am-1pm, £3 per day or £9 for all three  
days if booked in advance. Pre-booking is  
essential. Call 0300 124 0123.

## Have Fun On The Farm

Come along and meet the animals  
Newham City Farm, Stanfield Road E8 8LT  
Monday 25 to Sunday 31 May

Details of all the activities can be found at  
[www.activenewham.org.uk](http://www.activenewham.org.uk) or by calling  
the activeNewham Customer Service Centre  
on 0300 124 0123.

## Leisure Centre locations

### Balaam Leisure Centre

– 14 Balaam St, E13

### East Ham Leisure Centre

– 324 Barking Rd, E6

### Newham Leisure Centre

– 201 Prince Regent Ln, E13



**Do you have an Idea for a New Social Enterprise but need funding to set up?**

The London Business Programme, funded by Newham Council, are offering kick-start funding for local or emerging Social Enterprises across Transport, Health, Machinery and Healthcare. The Social Enterprise must be based in Newham or within Bromley.

**What is the Beyond Business Programme?**

Keynes Business has already launched a network of 50 plus successful Social Enterprises in the local and wider community.  
• Business advice  
• Strategic and business planning guidance and  
• Practical business support. Helping to bring, informing and connecting local social enterprises.

**Is any idea for a Social Enterprise eligible?**

- Ideas for a start-up project of up to £10,000 per year, or for a social enterprise that is looking to expand, develop and diversify, such as re-employment for people with barriers to work, training, skills, funding, legal and local environmental improvements.
- Have a sound business proposition and the prospect to be financially sustainable without reference to grant funding.
- Create sustainable employment.
- Be able to begin set up and start trading by end January 2014.

**How will Applications be assessed?**

- Stage 1: Applications submit an expression of interest for a panel review.
- Stage 2: Applications successful in Stage 1 complete a business plan with support from the Keynes Business team.
- Stage 3: Applications successful in Stage 2 present their business idea and plan to an independent, Dragons' Den panel on 15th October 2013 - funding then awarded for successful applicants.

**Need an expression of interest?**

Please call 08000 870 1000, Beyond Business, 3rd Floor, 30 Jermyns St, E2 3PT  
Telephone: 020 8505 9332  
(email: [NewhamBBS@newham.gov.uk](mailto:NewhamBBS@newham.gov.uk))

The closing date for Submissions of Expressions of Interest is 15th June 2013.

For further information (eligibility and any other information), please contact Ross Hartman



Newham London

Forrest Dale Community Neighbourhood

## Dementia Awareness Week

**Do you care for somebody with dementia?  
Are you looking for advice and support?**

Come along to our dementia awareness session.

**Friday 29 May, 3-5pm**

The Gato Library, 4-20 Woodgrange Road, E7 0DH

There will be a range of activities including shoulder massages, health checks, refreshments plus much more.

For more information please email Jacqui Pringle on [Jacqui.Pringle@newham.gov.uk](mailto:Jacqui.Pringle@newham.gov.uk) or call 07512 675 187



**Only put these items in your recycling bin**

Please put all general waste in your rubbish bin.

[www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)

**Recycle**  
For Newham

Play your part for a Cleaner, Greener Newham



# Jobs Well Done

Last month Newham Council held an Adult Social Care Careers Fair at the Old Town Hall in Stratford, E15, with the support of Newham College of Further Education, employment service Workplace and Job Centre Plus. More than 30 employers were represented, offering residents a chance to find work and training opportunities. John Kapasa and Judi Azmayesh, who both work in the health and social care sector, tell how they are making a difference.

John, 42, lives in East Ham. As a newly single parent, John wanted to find a job with flexibility, so he applied for a Health & Social Care apprenticeship. After a successful interview John was offered a

one year placement with Eastway Care, working four days a week and studying one day a week towards a Diploma in Social Care. John said: "The training and support I received allowed me to get a qualification while I was earning money and gaining experience. I like knowing that I am part of a team that makes a real difference to people's lives." Once John had completed his apprenticeship, Eastway Care offered him full-time employment and soon promoted him to the role of Senior Support Worker.



Judi, 62, from Stratford, was seeking a new challenge, having previously worked part-time. Judi's advisor at Job Centre Plus suggested a two-week Care Academy course. Judi loved the course and immediately applied for roles in the care profession, later accepting a role as a Support Worker with Consensa Care, working with people that have suffered an acquired brain injury. Judi is also studying for a Qualifications and Credit Framework Level 2 in Health and Social Care. Judi said: "I love the job and I haven't looked back. I work with great people and what I do is so rewarding. It has given me a new lease of life. I am learning new skills, and also working towards a qualification that can help my career development. It's never too late to learn."



To find out about future events related to adult social care training and employment, email [Mohammed.Arfan@newham.gov.uk](mailto:Mohammed.Arfan@newham.gov.uk) or call 020 3373 1275.

# OUR

## Newham residents are Forever Young

Residents aged over 50 are invited to a new club in Beckton, to keep both body and mind active. Forever Young will offer information about local services within the borough, as well as a range of activities. The club will offer keep fit classes, table tennis, snooker, computer workshops, quizzes, outings, and a variety of six week courses, all for free.

Forever Young will launch with its first session on Wednesday 29 May 11am to 1pm, and will then run every Wednesday at the same time at Beckton Library, 1 Ringfold Way, E13 5AQ. To find out more, email [Lella.Lewish@newham.gov.uk](mailto:Lella.Lewish@newham.gov.uk) or call 07773 641 255.



## Parents show all the right signs



A group of parents have been celebrating completing a Foundation Course in Sign language.

The eight week course has allowed the parents of children at Sheringham Nursery School and Children Centre in Manor Park, E12, to communicate with their children more effectively. Sign language is a system based on British Sign Language, designed for children and adults with communication difficulties which are often associated with learning disabilities - autism. At a ceremony on April 23, parents were presented with certificates and performed a demonstration of Sign language.

Farah Tabassum, who had taken the course, said: "I am very happy and feel confident after completing this course. The course is very effective and supportive to communicating with young children. Now my children and I understand each other."

For more information about learning Sign language, email [info@sheringham-nur.newham.sch.uk](mailto:info@sheringham-nur.newham.sch.uk) or call 020 85563 2479.



Parents complete first sign language course

# Win tickets to festival of futsal



The Copper AM Futsal Cup Finals are being played on Sunday 17 May at the Copper Box Arena in Queen Elizabeth Olympic Park, E20. Futsal is an indoor, skillful and fast-moving version of five-a-side football, first invented in South America, and is fast growing in popularity in the UK.

The six-game event will feature under-10 players from Football League clubs' futsal teams, as well as the stars of Big Sports' Soccer AM, entertainment including cheerleader performances and futsal challenges for kids throughout the day.

Tickets for the event are priced at £2 for Under 10s, £3 for adults and £8 for family tickets (2 adults and 2 children or 1 adult and 3 children).

The Newham Mag has teamed up with The Football League Trust to give away ten pairs and ten family tickets to the finals. To be in with a chance of winning, email your name and telephone number to [socceram@futbolco.uk](mailto:socceram@futbolco.uk) by May 12 stating your preference for a pair or a family ticket. To buy tickets for the finals, visit [futbol.co.uk](http://futbol.co.uk).



## Dunkirk ships arrive in the docks

2015 marks the 75th anniversary of the rescue of more than 300,000 soldiers from Dunkirk, by more than 200 civilian boats during the Second World War. More than 20 of the ships will gather in the Royal Docks over the weekend of May 16-17 for the The Dunkirk Little Ships Festival.

On Saturday morning the Silver Queen will offer trips around the docks. Tickets for the trips are just £10 for adults and £5 for children (6s and 10s). When you mention the Newham Mag - see page 203, there will be special rates of £5 and 1950s vehicles from both the Police and the Ambulance Service, along with members of the teams in Vrakka uniform, and a quiz-style quiz on Sunday.

The SS Robin, the world's oldest complete steam seamer, will be offering its final 'Head-Hop' tours before the final phase of her restoration. For more information about the festival, visit [www.londonroyaldocks.com](http://www.londonroyaldocks.com), and [www.ssrobin.com](http://www.ssrobin.com) for more on SS Robin tours.

## World Autism Day celebrated

On Thursday 2 April, Newham Council hosted an event at Plaistow Library to mark World Autism Day.

A range of new services for autistic people were launched on the day, including the Autism Games Group, a social club for people with autistic spectrum disorders held on the fourth Thursday of every month at Plaistow Library (7-8pm).

Also launched on the day were the 30Innovations programme and the Newham Autism Alert Card – a credit-card sized card that can be carried by autistic people to help resolve difficult situations when out and about.

For more information about services in Newham for people with autism, visit [www.newham.gov.uk/autism](http://www.newham.gov.uk/autism) or email [Gerry.O'Kello@newham.gov.uk](mailto:Gerry.O'Kello@newham.gov.uk)



From left to right: Philippa Thompson, Autism Alert Card; Alison Alston, Cllr. Cllr. Farisah, Sean Shirley (Chair MAG); Newham Local Involvement; Kira Waino (HAD Newham); Scott Bransby; Cllr. Amy Lingard



# Kids' Corner

PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
KIDS' CORNER, WEST WING  
4TH FLOOR, NEWHAM DOCKSIDE  
1000 DOCKSIDE ROAD, LONDON E16 2QU  
OR EMAIL THEM TO  
[newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry

## GALLERY

Winner



Fazal Shahzad, 11



Dawn, 11



M M Shayan Farid, 11



Martyna Athanasiou

## Win free membership at Stratford Picturehouse

The issue's winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to 'Kids' Corner', West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QJ. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. Good luck! Visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk) to see what's on



Picturehouse  
Stratford

## Poem

### River Thames

I love beneath one River Thames,  
Shining like some beautiful gem.  
Waves crash smoothly under my feet,  
As I hear the song of 'Robins Tweet.'  
Gently, I have to the tune of the song,  
Until I see a crab along.  
'AAAH!' I scream and tread on land,  
Then, I see the people swimming at me.

Suddenly, I glimpse some big waves  
coming, and clumsy, a man pushes me  
like a royal king.  
The waves are getting closer, oh no,  
Making trouble really grow.  
SPLASH! It comes and makes me  
all wet,  
Wet as a muddy pig also with sweat.

Everyone runs away fast as lightning,  
Thinking this flood is SO FRIGHTENING.  
I touch the salty water,  
And feel its lonely eye.  
No wonder, it's so angry,  
I decided to sooth it with my hands.

Surprisingly, it stops,  
The flood (I mean) stops,  
It stops like a statue,  
Having a calm attitude.

I believe that rivers have value,  
But don't throw anything in it,  
And pollute the environment.  
I end my poem here,  
I hope you liked it, thanks.  
And remember rivers are nice,  
So give it a good price!

Naheed Mohamed, 8

## Colour-me-in Worksheet

### 3 letters

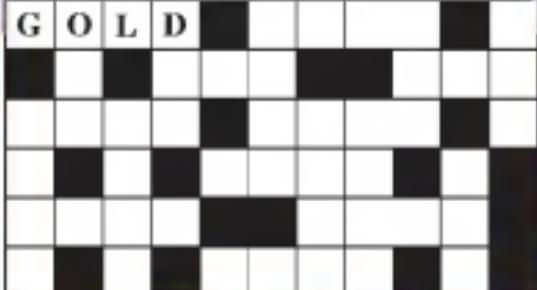
AXE  
DAM  
EGG  
JET  
OUT  
PIG  
SPA

### 4 letters

ABET  
ANTE  
ETNA  
EXAM  
HEAR  
LOAF  
RHEA  
SALT  
STEM  
VERB  
VERB  
VOWS



G O L D



# WHAT'S ON?

## FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

### OUR THRILLING THREE...

**1**

**Free lunchtime concert** – Wed 10 and Wed 20 May, 1-10pm, St John's Church, Stratford E15. Visit [www.stjohnse15.co.uk](http://www.stjohnse15.co.uk) for more information.

**2**

**Barclays Coding Session (5-17yrs)** – Thurs 21 May, 4.30-6.30pm, Pawlow Library. Come and learn how to use coding software. Free.

**3**

**Musical Bumpus (0-2yrs)** – Mon 11 May, 2-3pm, Custom House Library. An enchanting interactive opera adventure for babies and toddlers, by Spottedfish Music. Free.

### TRY SOMETHING NEW... NETBALL

A Pawlow-based netball club is looking for new members. Whether you are interested in playing competitively, for fitness or just for fun, OPA Netball Club are welcoming new players of all standards and ages to get involved this Spring. Training sessions take place on Tuesday evenings at Lester Community School, St Mary's Rd, E13 8AU. For more information, email [OPANetball.Club@hotmail.com](mailto:OPANetball.Club@hotmail.com) or call 07900 887 891.



### MENTION THE MAG...

The Dunkirk Little Ships Festival is coming to the Royal Docks on May 16-17 to commemorate the 75th anniversary of the Dunkirk evacuations during the Second World War.

As part of the festival, trips are being offered around the docks on the River Queen. The River Queen – then named Hainan V – was used as a passenger boat to ferry soldiers from the Dunkirk beaches to larger transport ships which brought them back to England.

A 40-minute trip, with commentary about the docks, Dunkirk evacuations and the history of the River Queen, are available for 63 adults, 24 children (over-16s) priced at £10 (adults), £5 (children) when you mention this copy of the Newham Mag.



#### ● indicate free sessions

Libraries unless stated

#### UNDER-FIVES

##### Music and Rhyme

Tues, 10.30-11.15am, Custom House

##### Rhyme Time

Thurs, 1.30-2.15pm, Custom House; Mon, 4-4.45pm, Canning Town

##### Storytelling

Mon, 11am, 12noon, Tues 10.30am, 11.15am, Custom House; Tues, 10.30-11.30am, Canning Town; Tues 11am-11.30am, The Gate; Tues, 10.30-11.30am, Thurs, 9.45-10.45am, East Ham; Sat 11am-12noon, Green St; Fri, 10.7am, Pawlow Park; Thurs, 2.30pm, North Woolwich; Tues, 10.30am, Thurs, 2.30pm, Pawlow; East and Fri 11am, 12noon, Stratford

#### Stay and Play

Support for parents and carers to develop their child through play. Tues 10am, Weeks and Sat, 11am-4pm, Stratford; Thurs, 1.30-3.30pm, Jack Cornwell C.C.; Mon, 10.30-11.30am, The Gate; Tues, 9.30-10.30am, Joyce C.C.; Tues, 10am-12noon, Grassroots; Thurs, 7-9pm, North Woolwich; Tues, 2-4pm; Thurs, 2-4pm Sat, 12noon-1pm, Green St

#### Music and Movement

Sessions for parents/carers and children. Mon 10.11am, Grassroots

#### Baby Sing-a-Long

Thurs 11.30pm, North Woolwich

#### YOUNG PEOPLE

**Board Games Club (7-12yrs)** Play chess, checkers, ludo, poker and more. Tues 1pm, Thurs 4.30pm, Green St and

Custom House, Thurs 4.30-6pm, North Woolwich; Tues and Fri 4-5pm, Stratford (from 3pm), Sat, 2-3.40pm, Manor Park

#### Games Club (7-18yrs)

Sony PS2, Xbox360, Nintendo Wii, board games and more Tues 3.30-5.15pm, Custom House, Mon, 3.30-5pm, Pleslow, Thurs 4-6pm, Canning Town Wed 3.30-5pm, Forest Gate

#### Freud Young Project (7-16yrs)

Activities for young people, Mon, 3.30-5.30pm, Jack Carroll C C

#### Children's Movie Club

Booking essential, Thurs, 4-6pm, 7-12yrs, The Gate Tues 3.30-5.30pm, 10-12yrs, (under 8s must be accompanied by an adult), Green St

Arts and Craft Workshop (Young) Fri 5.30-6pm, Green St 

Sat, 2-3pm, Custom House and Canning Town, Tues 4-5pm, Pleslow

#### Young Readers Club (7-12yrs)

Read and discuss your favourite books, Tues, 4-5.15pm, North Woolwich, Sat, 10.30am, 12noon, Manor Park

#### Children's Movie (Medmies) (0-13yrs)

Sat 3.30-5.30pm, Green St

#### Let's Start Sewing (7-16yrs)

Beginner sewing classes Sat, 12noon-3pm, Woodman C C, Woodman St, E18. Email [theteam@kifafoundation.org.uk](mailto:theteam@kifafoundation.org.uk)

#### ACTIVITIES AND SUPPORT

#### Time 2 Craft (7yrs+)

Sat 10am, 12noon, Stratford

#### Adult Reading Group

Discuss your favourite books and discover new writers. Sat 12noon-1pm, Green Street, Mon 11 May, 6.30-7.30pm, East Ham, Thurs 21 May, 6.30-7.30pm, East Ham. Email [easthamreaders@gmail.com](mailto:easthamreaders@gmail.com) for current book and more information

#### Chess Club

Mon, 5.30-7.30pm, East Ham, Weds 3.30-5pm, Green St, Thurs 5.30-7.30pm, Stratford, Fri 3.30-5.15pm, The Gate

#### Coffee Mornings

Tues 10.11.30am, Beckton, Tues, 11am-12.30pm, Custom House, Thurs, 10.30am-11.30am, Canning Town, Thurs, 10.11.30am, North Woolwich,

Tues 12 May 10.30am-12noon, Manor Park, Thurs 14 May 10am-12noon, Stratford, Tues 19 May 10.30am-12noon, Pleslow, Weds 20 May, 10am-12noon, East Ham, Weds 20 May

10.30am-12noon, Green Street

#### Do It Online (16+yrs)

Six or eight-week basic computer training. Advance booking required, contact library directly. Tues 10am, 12noon and Thurs 10am, 12noon, The Gate, Tues, 10am, 12noon, East Ham, Tues 10am, 12noon and 2-4pm, Pleslow, Mon, 10am-12noon, Manor Park, Weds 2-4pm, Stratford, Thurs, 10am-12noon, Green St, Thurs 10am, 12noon, Katherine Rd, C C, Wed, 10am, 12noon, Pleslow

#### Knit & Natter (15+yrs)

Weds 10am, 12noon, Beckton, Fri, 10.30-11.30am, Canning Town, Fri, 10am-12noon, East Ham, Tues, 10.30am-12.30pm, Manor Park, Weds, 10.30am-12.30pm, Green St

#### ICT Surgery

IT advice for all ages, Mon 10am, 12noon and 2pm, Pleslow, Wed, 10.30am, 12noon, Stratford, Fri 2-4pm, Canning Town

#### Weekly Get Together

By new things, Weds, 10.30am-12.30pm, Green St, Call 020 3373 9857

#### Love Newham app

drop-in Learn how to report issues via the app, Mon, 10.30-11.30am, The Gate

#### Inspire Futures Drop In

Advice on ESOL and citizenship, Thurs, 2-4pm, Green St

#### Community Links Drop In

In debt, housing and benefit advice, Call 020 8547 9825 to make an appointment, Thurs, 14 May 3.30-5.30pm, Katherine Road C C, Call 020 8545 0845, Mon 11 May, 12noon-3pm, Green St, Call 020 3373 9857

#### ICT Drop-In Sessions

Set up a My Newham profile and create an email account, Fri 10am-12noon, The Gate, Fri, 10am-12noon, Green St

#### Bingo Night (16+yrs)

Thurs, 6-7pm, Green St

#### Aerobic Exercise

Workout and body stretching, Tues 9.30-10.30am, Jack Carroll C C, E1 5D

#### East Ham Youth Zone

Sony PS4, DJ decks and other activities, Tues 4-7pm, East Ham

#### Happy Living Club

Indoor and outdoor activities for over 50s, Tues and Weds, 1.30-5.30pm, Jayee C C

#### SNT Drop-In

Fri 12noon-1pm, Stratford

#### New Deer Club

Opportunity to learn new and exciting things for members, Alton, 6-8pm, Stratford, Costs up to £2

#### Silver Surfers IT Course

Fri 2-3.30pm, Beckton

#### Support in Action

Thurs, 12noon-4pm, Jayee C C

#### Martial Arts (16yrs)

Tues 5-6pm, Jack Carroll C C

#### Get on Target Business Advice Surgery

Tues 12noon-8pm, North Woolwich, Call 07551 576 482 to book

#### Spec Speaking English with Confidence

Tues 1.30-2.30pm, Thurs 6-7pm, Sat, 11am-12noon, Stratford, Mon 10-11am, Weds 10-11am, Thurs 10-11am, Green St, Weds, 7am-12noon, The Gate

#### Free English Conversation Club

Weds 7.15am-7.30am, Canning Town, Weds, 7.15am-12.30pm, The Gate, Weds 10.11am, Manor Park

#### Life in the UK Classes

Weeks 12.30-2.30pm, Fri, 10am-12noon, Pleslow, contact Franklyn on 020 8542 3804 for information

#### Together We Can

Fortnightly social group for adults under 50 years who have had a stroke, Fri 15 May 2-4pm, Pleslow

#### Chef and Chef Women Group (16yrs+)

For women who use mental health services, Weds, 10.30am-12.30pm, Pleslow

#### British Sign Language

Social Club, Thurs 21 May 5.30-7.30pm, The Gate

#### Alcohol Awareness

Thurs 21 May 3-5pm, The Gate

#### Workplace Drop-In

Wed 13 May, 2-4pm, Wed 27 May 2-4pm, Stratford. For more information email [rewards@newham.gov.uk](mailto:rewards@newham.gov.uk)

#### Solid Harmony Choir (16-24yrs)

Mon 6.7pm, Music Room in New Vic, Email [solidharmony@gmail.com](mailto:solidharmony@gmail.com) to register

#### COMMUNITY ACTIVITIES



#### Bumps and Babies (up to 1yr)

A free home-based meet up every Wed, 1-3pm for expectant parents and those with babies. Email [newhamnct@hotmail.com](mailto:newhamnct@hotmail.com)

#### Meet and Greet

Mums, Bumps and Babies. Fun in various cells around Newham. Visit [www.natmums.com](http://www.natmums.com) or email [jpsdeville@live.com](mailto:jpsdeville@live.com)

## Royal Docks Learning & Activity Centre

**Mon**, Needlecraft, 10am-1noon, £5. **Tues**, Parent and Toddler Group, 10am-12noon, £1. **Bingo**, 10am-12noon, £1. **Wed**, Keep Fit, 10am, £2. Employment, 7-12, 1st support, by appointment. Croche available. **Thurs**, 1a-Cts, £2. 1st session free, 10-12pm-12noon. Line Dancing, £1, 1st session free, 1-3pm. **Mon-Fri**, After School Club for Gullane, Britannia Village, St. Jacob's and Drew primary schools. **Mon-Fri**, Open Access After School Club, 4-6pm, £3 per day. Royal Docks Learning & Activity Centre, Albert Rd, E16. Call 020 7478 1888. Visit [www.rdlac.org.uk](http://www.rdlac.org.uk). Search rdlacommunity on Facebook.

## Junior Volunteer Police Cadets (10-12 yrs, term time)

Wed, 5.30-8pm, Little Ilford School, Browning Rd, E12, £1. **Thurs**, 4.15-5.45pm, Upton C.C., Claude Rd, E13. £1. Call 07500 881 208.

## Senior Volunteer Police Cadets (13-17 yrs)

Wed, 5.30-8pm, Little Ilford School, Browning Rd, E12, £2.50. **Thurs**, 5.30pm, Easton Community School, Exting Rd, E16, £2.50. Call 07500 881 378.

## BOOKING AND SELF DEFENCE



## Boxing (Newham College)

Mon, 5-8pm, East Ham College, High St, South, E6.

## Fight For Peace Boxing

Mon to Fri, 4-5pm, 10-14yrs. Mon to Fri, 5-6pm, 14-18yrs. Woodman St, North Woolwich, E16. Call 020 7474 0054.

## Punch Out (8-14yrs)

Fri, 4-5pm, Katherine Rd C.C., 254 Katherine Rd, E7.

## Intense Fitness (14-19yrs)

Workouts, boxing and wrestling, Fri, 8.30-10pm, E2. The Hertley Centre, E2. Call 07878 253 642. Visit [www.intensepunch.com](http://www.intensepunch.com).

## Newham Shuejlin Karate

Wed (term time), 4.30-5.30pm, Fri, 6-7pm and 7-8.30pm, Sun, 10-11am. Under 15yrs £4. 16yrs & over £5. Newham Leisure Centre, E15. Call 07500 886 658.

## Deptford Sheuglin Karate

Mon and Wed, juniors and beginners 7-8pm, all other grades 8-8pm. First session free, under 15yrs £4, 16-18, £5, cones £3. LEI, SpotsClock, call 07700 688 889.

## Stratford Judo

Competition training, Juniors (8-14yrs), Tues and Thurs, 6.30-8pm, seniors (15yrs), Tues and Thurs, 8-9.30pm. Beginners, Juniors (8-14yrs) Wed, 6.30-7.45pm, seniors (15+yrs), Wed, 7.45-8.15pm. From £2.50 per class. Caperhaven and Dockland Centre, 88 Gobion Rd, E15. Call 07985 601 260. [www.stratfordjudo.com](http://www.stratfordjudo.com)

## West Ham Boys ABC

Mon, Wed, Fri, mixed (8-18yrs), 5.30pm, Sat, boys (7-17yrs), 10-11am, girls (7-16yrs), 7.1am-7.30am, E2, 2 London Rd, E13. Call 0800 8472 3614.

## Indian Martial Arts

Tues and Thurs, 5.30pm, Sun, 9.30am. Martial Arts Centre, 27 Romford Rd, E15. £5 or £90 for 10/12 weeks. Call 07703 594 300.

## HEALTH AND FITNESS



## Bootcamp and Circuits with Al

Mon, 5.30-7.30pm, Chingford East Community Hub, E15. £4. Call 07955 844 252.

## Justice's Fitness

Mon, 7.15-7.45pm, Hertley abs, E2, The Hertley Centre, E2. Call 0781 18 000 545.

## Twisted Pink Street Dance

7-11yrs, Thurs, 6-7pm, St. Lukes Church, Ratling Rd, E15. 7-12yrs, Fri, 6-7pm, Maryland Studio, 94 Leytonstone Rd, E15. £3. Call 07981 844 017. Visit [www.twistedpink.com](http://www.twistedpink.com).

## Zumba Fitness

Mon and Weds, 7-8pm, £5 and £4 for 2nd class. Vantage Ln Community Centre, Cavers Rd, E15. Call 07500 886 655.

## Zumba with Jessie

Mon, 6.30pm, E2, 30. Asta Community Hub, 14a Camel St, E15. Sat, 9.30am, circuits E4, Community Resource Centre, 200, Charington Ln, E13. Call 07884 851 484.

## Unity Zumba

Mon, 8-9pm, Herley Centre, Barking Rd, E6. Tues, 8-9pm, St. Mark's Centre, Tolgate Rd, E5. Weds, 8-9pm, Herley Centre, Barking Rd, E6. Thurs, 8-9pm, St. Mark's Centre, Tolgate Rd, E6. Sun, 6.30-7.30pm, The Well Community Centre, Vantage Ln, E8. £5.

## Left's Yoga

Thurs, 6.30-7.30pm, Grassroots, E8, Sun, 10am, 12noon, Jayes C.C., E1, Wed, 7.30pm, Jayes C.C., E1.

## Lee Valley Cycling (12-25yrs)

Wed, 4.30pm, Lee Valley MotoPark, E9 or £50 for 12wk course. Pre booking essential. Email [Paul.Farthing@activeNewham.org.uk](mailto:Paul.Farthing@activeNewham.org.uk)

## Indoor Tennis

Mon, 6-8pm, Lee Valley Hockey & Tennis Centre, E3. Pre booking essential. Email [Paul.Farthing@activeNewham.org.uk](mailto:Paul.Farthing@activeNewham.org.uk)

## Mini Tennis

Ages, 4-5yrs, and 5-8yrs, East Ham Leisure Centre, 4-8yrs, Thurs, 4.30-5.30pm and 5-8yrs, 6-30pm, Newham Leisure Centre, 4-8yrs and 8-16yrs, £50 for 10 sessions. Email [Paul.Farthing@activeNewham.org.uk](mailto:Paul.Farthing@activeNewham.org.uk)

## Outdoor Tennis (14-25yrs)

Fri, 5-7pm, Stratford Park. Email [Paul.Farthing@activeNewham.org.uk](mailto:Paul.Farthing@activeNewham.org.uk)

## 50+ ACTIVITIES



### Age UK East London Nordic Walks (18+)

Tues, 9.30-10.45am, meet at Age UK East London Newham Branch, 633 Barking Rd, E13. Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20. For more info call 07989 938 242.

### Health Walks

Mon, 8pm, starts by the War Memorial, Central Park, E6. Call 07518 750 120. Tues, 10am, starts outside Pret a Manger at Stratford Station. Call 0844 414 2720. Tues, 1.30pm, starts at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd. Call 07988 744 655. Thurs, 8pm, starts outside the War Memorial, Central Park, E8. Call 07518 750 120. Fri, 10.30am, starts outside Stratford Station, McDonalds, E7. Call 07870 291 120. Thurs, 7.30pm, starts at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd. Call 07988 744 655. Thurs, 8pm, starts by the War Memorial, Central Park, E8. Call 07518 750 120. Fri, 10.30am, starts outside Stratford Station, McDonalds Community Centre, Tolgate Rd, E8. Call 07988 744 655.

### Newham Striders

Daily walking group. Call 0844 414 2720.

### Nordic Walking

Wed, 9.30am, Meet at Lord Lester Health Centre, E7. Not suitable for wheelchair users. Call 07783 650 429. Fri, 5.30-6pm, Meet at Newham Leisure Centre, E13. Sun, 10-11.30am, Meet at East Ham Leisure Centre, E8.

### Young at Heart

Bingo Club, Mon, 10.30am, 4pm, E1, Jayes C.C.

### Ballroom Dancing

Mon, 10am-12noon, St Pauls Church Centre, Burges Rd, E6. £2.50 per session. Call 07761 203 463.

**Active Centre Binge (50+ yrs)**

Thurs, 7pm, Jack Cornwall C.C.  
Mon, 10:30am-4pm, Jayes C.C.

**Over 50s club**

Thurs, 10am-11:30am, Beckton

**Tea Dance (50yrs+)**

Wed 20 May 1-3pm, St Marks C.C. E1 5Q

**ICCAN**

Path-based group with cultural activities. Fri, 12noon-2pm, Jayes C.C.

**GREEN****Green Gym**

Wide 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Abraam Rd, E6. Call 07785 973 156

**Green Volunteering**

Tues and Thurs, 10am-2pm, Shepherds Way, E16 (opp. Habsbury Rd)

**Garden Club**

Tues 7-8pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Woods, Bakers Row, E13

**Gardening Thyme**

**Gardening Club**  
Fr 11am-1pm, Bowling Green, Central Park, High St South, E8

**Grow Together Be Together**

**Community Gardening Club**  
Wed, 10am-1pm, Sat, 1pm-3pm, Phoenix Rd, Mile End, E1, entrance, E8. Call 030 8556 7070

**DOORSTEP CLUBS**

Call 0844 414 2728 unless otherwise stated

**Athletics Club (14yrs+)**

A multi-sport session focusing on athletics, football and the gym. Tues 6-7pm, Newham Leisure Centre E13. Call 07718 604 766

**Gym & Basketball (14yrs+)**

Tues 6-7pm, E2, Rokety School, Barking Rd, E16

**Stunt & Tumble (14yrs+)**

Thurs, 7:30-8pm, E1, Bent Charr & Danos, Galore Reach, Amsted Way E8. Call 07888 812 810

**FEMALE SPORTS** **Basketball Sessions**

Tues, 4-5pm, Chobham Academy, 40 Cheeseng Ln, E20

**Dare2Dance (12-16yrs)**

Street dance, Fr, 3:30-5:30pm, Newham Leisure Centre, E13

**Female Bootf (14yrs+)**

Mon, 4:35-5:15pm, Bexley Leisure Centre E13. Call 07900 762 526

**Girls Football (7-11yrs)**

Tues 4:5-6:30pm and Thurs 5:45pm, Newham Leisure Centre, E13

**Girls Group Cycling (7-11yrs)**

Tues and Thurs, 5:45-6:30pm, Newham Leisure Centre, E13

**Just Play (14yrs+)**

Wed 6:30-8pm, multi-sports (from 14yrs), Cumberbatch School, E13. Call 0844 414 2728

**Abs Blast (11-15yrs)**

Thurs, 5:30-6pm, E10, Newham Leisure Centre, E13

**Athlefit (14-18yrs)**

Athlefit fitness, Wed 5:30-6:30pm, E17, Ringers Community Centre, Naper Rd, E18. Call 07703 336 756

**Female Only Gym Sessions**

Mon, 3:45pm, E1-25yrs.  
Mon and Wed, 7:30-10:30pm  
Tues and Thurs, 10:30am-1:30pm  
Sat, 3:30pm, 11-15yrs, E4 6E, Newham Leisure Centre, E13

**Get Back into Netball**

Tues, 6-7:30pm, Juniors 7:30-8pm, seniors 2-4, Uxbridge Community School, E13. Call 07717 281 529

**Julie's Mums On The Run**

Wed, 10-11:30am, E5, or bring a friend and both pay £4 each  
Abbey Lane Park, E15. Call 09861 374 772

**Keepfit**

Wed, 10am-ET, Chanda East Centre, E15. Call 07960 944 095

**Ladies Only Keep Fit**

Wed, 10am, E1, Chanda East Centre, Chanda Rd, E15.  
Thurs, 10am, E1 5E, Rokety Centre, Rokety St, E15

**Shella's Yummy Mummy Buggy (7-14yrs)**

Mon, 10-11:30am, E5, Central Park, High St South, E8 (meet outside cafe in the park). Fr, 10-11:30am, Peashol Park, Peashol St, E8. Call 07908 614 956

**Women's Badminton**

Fri, 1-2:30pm, East Ham Leisure Centre E8 E2, equipment provided. Call 0300 152 003

**Women United AFC (11-14yrs)**

Mon (term time), 6-7:15pm, E1, Kingford School, E6. Call 07722 932 979

**Zumba and Tone**

Tues, 1:15-2:15pm, E1, St Bartholomew Church Hall, Barking Rd E8. Call 07944 775 779

**Women's Martial Arts**

[7yrs+] Tues, 5:15-6:15pm, Jack Cornwall C.C. For more info ring Linda 07473 030 280

**SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE** **Ability Gym (14-25yrs)**

Multi-sports for disabled young people. Wed 5:30-6:30pm and Fr 4:45-6pm, Newstic, E13

**Athletics (6-18yrs)**

Tues, 4:15-6:15pm, Brixton Manor, Roman Rd, E6. Thurs 4:30-5:55pm, St Angels' Ursuline School, E7. Email [charon@rangefieldstastics.org](mailto:charon@rangefieldstastics.org)

**Family Swims**

Sat, 4:30-5:30pm, Newham

Open Swimming Club, Newham Leisure Centre, E13. Call 0300 010 0123. Sun, 12:30-2pm, Family Swim, Bexley Leisure Centre, E5. Call 0300 134 0123

**Get Fit for Free**

Thurs, 7:30-8:30pm and Fr, 10:30am-12noon, Free gym use for people with learning difficulties. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

**Sensory Play (0-5yrs)**

Wed, (term time) 1:30pm-3pm, Oliver Thomas Children's Centre, E6. Call 07961 333 615

Matthews Ave, E6. Email [nebnyhavens.northw.ac.uk](mailto:nebny@nebnyhavens.northw.ac.uk) or call 020 8327 0597

**Swim for Families**

Dealing with Autism Wed, 4-5pm, Bexley Leisure Centre, E13. Call 0300 124 0123

**Support in Action (16+yrs)**

Indoor and outdoor activities, advice and support. Thurs 12noon-4pm, to Jayes C.C.

**RUNNING** **Beckton Park Run**

Sat, 9am, Beckton Park South E16. Call 07718 394 756

**East End Road Runners**

Runs and Thrus, 4pm, Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07797 281 647

**Run England**

E2 unless stated. Sun, 10am, 12noon, Newham Leisure Centre, E13, (meet on track). Mon, 4:50-5pm, Newham Leisure Centre, E12 (meet on track). Mon, 5:45-6:45pm, Newham Cockarts, E7 (meet at reception). Wed, 12noon-4pm, Newham Cockarts, E7 (meet at reception). Thurs, 5:15-6:15pm, E2, Docklands Campus, E16 (meet at reception). Sat 10-11:30am, Walthamstow Park, E12 (meet at Harrow Rd Changing Pavilion). Sat 10-11:30am, Memorial Park, E16. (if meet at car park) Call 07718 394 874

**SPORTS** **Athletics**

Newham and Essex Beagles Athletics Club. Mon and Wed, 6-8pm. Foundation Groups: 8-10yrs, Mon, 7-8pm and Wed, 6-7pm, E5. McAlen Stadium, Newham Leisure Centre, E13. Visit [newhamandessexbeagles.co.uk](http://newhamandessexbeagles.co.uk)

**BMX (6-11yrs)**

Sun, 10am-12noon, E3 Goosby Playing Fields, St Albans Ave, E6. Call 07961 333 615

**Fencing with Newham**

Second Tues: 6-8pm, Thurs 6-8pm, Fri 7-10pm. Classes for adults (16+), and mini-peaks (4-7yrs). UEL SportsDock Call 07956 818 898

**Indoor Cricket (8-16yrs)**

Weds 5-8pm, E13, Lister Community School, E13 email paul.farming@activenevnewham.org.uk

**Black Arrows Badminton Club**

Adults: Fri 7-8pm Juniors, Sat 10am-11am, E13 70 East Ham Rd. Adults: Weds 7-10pm. UEL SportsDock. Call 07952 037173

**Woodside Badminton Club**

Fri 7.30-8.30pm, intermediate and club standard. E15 wagam/ E3 unweighted. Carpetone and Docklands Centre, 88 George Rd, E15. Call 07956 150 290

**FOOTBALL**

**All Football (16+yrs)**  
Tues 7pm, Fri 10am-12noon  
Memorial Park, Memorial Ave, E15. Fri 3-6pm, Beckton Powerleague, E6. Visit [www.footballinnewham.co.uk](http://www.footballinnewham.co.uk)

**Football and Athletics**

Thurs 4-5.30pm, Brimstone Village, E6 Baylin Rd, E15

**Football & Multi Sports**

Mon, 4-5.30pm, Newham Leisure Centre, E13  
Weds 5pm, Stratford MUGA, West Ham Ln, E15

**Mayors Football League**

U10s, U12yrs, Mon, 4-6pm, U16s, U18yrs, 6-7pm, Newham Leisure Centre, E13

**Premier League (16+yrs)**

6-a-side (16+yrs) Weds 7-10pm, Newham Leisure Centre, E13

**WHU Kicks**

Mon Tues, Fri 4-7pm, WHUFC, Becontree Rd, E6. Thurs, 6.30-7.30pm, Littleford Learning Zone, 1 Rector Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat

10.30am-12noon, Newham Leisure Centre, E13

**Academy Football**

Sat 10.11.30am, E13  
Reception to 11yrs, King George V Park, King George Ave, E16. Call 07805 584 825

**BASKETBALL****Basketball & Multi Sports**

Fri 5-6.30pm, 8-10yrs, Grangehill MUGA, Grangehill Rd, E12

**Basketball Sessions**

Thurs 6.30-6.30pm, Littleford Learning Zone, 1 Rector Rd, E12

**National League**

Mon 6.45pm, U13/U14ys

Tues 6.45pm, U15/U16ys, Rokeby School, E16

Thurs, 4.30-6pm, U13/U14ys

boys, U14-15ys girls, 8.45pm,

U16ys, Newham Leisure Centre, E13. 6.45pm, U15ys, Cumberland School, E13

**NCFE Sports - Basketball**

Thurs 5.7pm, East Ham Leisure Centre, To register

email [sports@newham.gov.uk](mailto:sports@newham.gov.uk) or call 020 8257 4250

**Senior Programme**

Mon, 7.30-8.30pm, Division 2 Women and division 3/4 men.

Rokeby School, E16. Call 07947 401 616

**Newham All Star Sports Academy (NASSA)**

Sessions: E1 until indicated.

Junior, 4-6pm, Cumberland School, E13. National League:

U13ys, U14ys, U15ys, 6.30,

6.30pm, Rokeby School, E16

National League: U15ys, Tues

8.10pm, Rokeby School,

E16. National League: U13ys,

U15ys, U17ys, Thurs, 6.30pm,

SportsDock, National League:

U18ys, Tues, 8.10pm, E16.

SportsDock, Junior boys and girls

Sat, 10.30am-12.30pm, E16.

SportsDock, 12, Call 07703 503

905, [www.nassa-sports.org.uk](http://www.nassa-sports.org.uk)

**Youngbloods Basketball**

All sessions cost £1.

U12yrs, mixed, Sat, 1.2pm, East Ham Leisure Centre, E13

U13/U14ys boys, Mon, 6-8pm and Wed, 4.30-6pm

St Angels's School, E7

U13/U14ys girls, Mon, 4.30-6pm and Wed, 4.30-6pm, St Angels's School, E7

U15/U16ys boys, Mon, 6-8pm, St Angels's School, E7 Thurs, 8pm, St Bonaventure's School, E7.

U17/U19ys boys: Mon and Wed, 8.10pm, St Angels's School, E7. Call 07500 307 657

**COMMITTEE MEETINGS**

All meetings take place at Newham Town Hall, Barking Rd, E6, unless otherwise stated.

**Mon 11 May, Newham**

Partnership - Community Safety Partnership Executive Group, Newham Dockside E16, 1pm

**Tues 12 May, Mayoral**

Proceedings, Old Town Hall, Stratford, E15, 8am

Thurs 14 May, Annual General Meeting, 7pm, Old Town Hall, Stratford, E15, 7pm

**Mon 18 May, Newham Partnership, Newham Dockside, 6.30pm****Mon 18 May, Local**

Development Committee, 7pm

**Tues 19 May, Strategic**

Development Committee, Old Town Hall, Stratford, E15, 7pm

**Wed 20 May, Health**

and Social Care Scrutiny Committee, 7pm

**Thurs 21 May, Cabinet**

Proceedings, 5.00pm

**CONTACT THE MAYOR****Surgery**

To register for the surgery you must arrive at the venue up to 30 minutes ahead of the advertised time. **Thurs 14 May, 10am**, Canning Town Library

**Tues 19 May, 5pm**, Newham Town Hall, E13

**Telephone surgery**

**Wed 13 May**, Call 020 8430 2000 between 9.30-10.30am and leave your details. The Mayor will call you back at a later time.

**CONTACT DETAILS****LIBRARIES & COMMUNITY NEIGHBOURHOODS**

**Beckton Globe**, Kirkgate Wk, E8

**Canning Town**, Barking Rd, E16

**Custom House**

Prince Regent Ln, E16

**East Ham**, 384 Barking Rd, E8

**Green Street**, E8, E13

**The Gate**, 6-8 Woodgrange Rd, E7

**Manor Park**

65-691 Roxford Rd, E15

**North Woolwich**

5 Pier Parade, E18

**Priory**, North St, E13

**Stratford**, 3 The Grove, E15

**Archives and Local Studies**

Call 020 8573 6887

[www.newham.gov.uk](http://www.newham.gov.uk)

**LEISURE & SPORTS VENUES**

**Galaxy Leisure Centre**

14 Balaclava St, E13

**East Ham Leisure Centre**

384 Barking Rd, E8

**Newham Leisure Centre**

281 Prince Regent Ln, E13

**Newvic**, Prince Regent Ln, E13

**UEL SportsDock**, Docklands Campus, University Way, E16

**COMMUNITY CENTRES (C.C.)**

**Beckton Community Centre**

14 Manor Wk, E8, 020 8517 1274

**Field Community Centre**

147 Station Rd, E7

020 8526 2000

**Grassroots Centre**, Memorial Park, Memorial Ave, E16

020 8573 0692

**The Herdery Centre**

267 Barking Rd, E8

**The Hub**, 125 Step Ln, E16

020 8573 0759

**Jack Cornwell Community Centre**, Jack Cornwell St, E12

020 8553 3429

**Joyes Community Centre**

1 James St, E13, 020 8548 8788

**Katherine Rd Community Centre**, 254 Katherine Rd, E7

020 8548 9805

**St Mark's Community Centre**

87-91 Tolpuddle Rd, E8

020 8511 1274

**Upnor Community Centre**

Claude Ptz, E13, 020 8471 0040

(currently closed)

**Worme Ln Community Centre**

Gover St, E7, 020 8519 0235

**The Well Community Centre**

40 Victoria Lane, E8 020 7588 7070



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